Nutrition & Allergen Guide

Explore chicken salads, sandwiches, sides, soups, desserts, drinks, and common allergens in a cleaner, easier-to-read format.



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A useful guide to the menu

Find a section, understand serving sizes, and check important allergy notes.

How to read the nutrition tables

Each entry follows the values in the source guide. A dash (—) means the source left that field blank; it does not mean zero. For full chicken salad and pimento scoops, values are based on 4 oz portions.

Important for food allergies

Foods are prepared or stored where known allergens are present. Listed allergens do not rule out cross-contact. An unmarked cell does not certify an allergen-free item.

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SOURCE NOTE

Menu items and ingredients may vary by location or season. Nutrition values describe the listed servings.

Chicken salads

Nutrition per 4 oz scoop, without crackers. Seasonal varieties may not be available year-round.

MENU ITEM (see serving notes)	CAL kcal	FAT CAL kcal	TOTAL FAT g	SAT FAT g	TRANS g	CHOL mg	SODIUM mg	CARBS g	FIBER g	SUGARS g	PROTEIN g
SIGNATURE CHICKEN SALADS											12 ITEMS
Barbie Q	**380**	260	29	6	–	75	710	**10**	–	7	**18**
Buffalo Barclay	**390**	300	34	6	–	75	830	**1**	–	0	**18**
Classic Carol	**410**	310	35	7	–	90	540	**0**	–	0	**22**
Cranberry Kelli	**450**	310	36	6	–	75	500	**10**	2	7	**21**
Dixie Chick	**370**	270	31	6	–	75	470	**2**	–	1	**19**
Fancy Nancy	**380**	290	33	6	–	65	410	**5**	1	3	**18**
Fruity Fran	**330**	230	26	5	–	65	400	**6**	–	5	**16**
Jalapeño Holly	**380**	280	32	6	–	80	630	**1**	–	0	**20**
Kickin Kay Lynne	**400**	300	34	7	–	80	750	**1**	–	0	**20**
Lauryn's Lemon Basil	**410**	310	35	6	–	80	520	**1**	–	0	**20**
Olivia's Old South	**360**	250	28	5	–	110	540	**5**	–	4	**18**
Sassy Scotty	**430**	340	38	8	–	90	750	**1**	–	1	**21**
LIMITED-TIME / SEASONAL FLAVORS											9 ITEMS
Deck the Holly	**350**	230	27	5	–	65	610	**10**	1	8	**16**
Dill-icious Diva	**370**	280	32	6	–	80	480	**1**	–	–	**20**
Greek Goddess	**400**	310	35	6	–	65	830	**3**	–	1	**16**
Jill Pickle	**290**	220	25	4.5	–	60	620	**0**	–	0	**15**
Maui Mama	**280**	200	22	4.5	–	60	640	**6**	–	5	**15**
Nashville Hottie	**400**	290	33	6	–	80	980	**4**	–	2	**21**
Pam's Parmesan Caesar	**450**	360	40	8	–	85	730	**1**	–	0	**20**
Patti Thai'rific	**430**	330	37	7	–	60	550	**7**	–	4	**17**
Southwest Señorita	**330**	240	27	6	–	65	610	**3**	–	1	**17**

Pimento cheese & sandwiches

Pimento cheese: 4 oz scoop. Sandwich bread and additions are listed as separate entries.

MENU ITEM (see serving notes)	CAL kcal	FAT CAL kcal	TOTAL FAT g	SAT FAT g	TRANS g	CHOL mg	SODIUM mg	CARBS g	FIBER g	SUGARS g	PROTEIN g
PIMENTO CHEESE											2 ITEMS
Southern Pimento Cheese	**450**	360	40	16	–	80	720	**3**	–	1	**19**
Jalapeño Pimento Cheese	**420**	330	37	15	–	75	810	**4**	–	1	**17**
SANDWICHES, ADD-ONS AND EXTRAS											11 ITEMS
Sandwich: On Croissant	**220**	50	6	3.5	–	15	320	**35**	1	3	**6**
Sandwich: On Wheat	**280**	25	3	–	–	–	460	**52**	4	6	**10**
Sandwich: On White	**280**	25	3	–	–	–	500	**52**	2	6	**8**
Add: Lettuce and Tomato	**15**	0	0	–	–	–	5	**3**	–	2	**1**
Add: Bacon	**90**	60	6	2	–	20	200	**0**	–	0	**8**
Signature BLT	**100**	60	7	2	–	20	200	**3**	–	2	**8**
Turkey Club (no bread)	**390**	220	25	8	–	100	1060	**5**	–	2	**38**
Melt with Cheddar	**310**	110	13	3.5	–	35	460	**35**	1	3	**12**
Melt with Provolone	**290**	110	12	7	–	30	500	**35**	1	3	**11**
Pickle Spear	**0**	0	0	0	0	0	260	**0**	0	0	**0**
Crackers	**35**	15	1.5	0	0	0	75	**5**	0	1	**1**

Reading sandwich values

The source says signature BLT and melt entries do not include chicken salad. To estimate a completed sandwich, review the separate chicken salad scoop and bread/add-on entries as applicable. The original lists each component separately.

Fresh sides & chips

Fresh sides are generally listed per 4 oz serving; chips are listed per bag.

MENU ITEM (see serving notes)	CAL kcal	FAT CAL kcal	TOTAL FAT g	SAT FAT g	TRANS g	CHOL mg	SODIUM mg	CARBS g	FIBER g	SUGARS g	PROTEIN g
FRESH SIDES & CHIPS											11 ITEMS
Broccoli Salad	**230**	160	18	5	0	30	300	**11**	1	8	**8**
Fresh Fruit	**60**	0	0	—	—	—	0	**16**	2	13	**1**
Grape Salad with Topping	**170**	70	8	3.5	0	15	40	**27**	1	24	**2**
Pasta Salad	**230**	50	6	2	—	15	310	**36**	2	3	**7**
Baked Lays	**140**	35	4	0	—	—	180	**24**	2	3	**2**
Doritos	**270**	130	14	2	—	—	370	**32**	2	2	**4**
BBQ Chips	**200**	100	11	1.5	—	—	200	**23**	2	3	**3**
Jalapeño Chips	**200**	100	11	1.5	—	—	170	**23**	2	2	**3**
Sea Salt Chips	**210**	110	12	1.5	—	—	125	**23**	2	1	**3**
Salt and Vinegar Chips	**200**	100	11	1.5	—	—	240	**23**	2	2	**3**
Spicy Dill Pickle Chips (LTO)	**200**	100	11	1.5	—	—	190	**23**	2	2	**2**

A note on portions

A side serving and a bag of chips are not the same portion size. Refer to the menu and serving descriptions before comparing values.

Limited-time availability

Products such as Spicy Dill Pickle Chips may be seasonal or location-dependent. Restaurant menus may change.

Gourmet soups

Cup and bowl are shown separately. Nutrition figures include toppings in the source.

MENU ITEM (see serving notes)	CAL kcal	FAT CAL kcal	TOTAL FAT g	SAT FAT g	TRANS g	CHOL mg	SODIUM mg	CARBS g	FIBER g	SUGARS g	PROTEIN g
CUP SERVINGS											7 ITEMS
Broccoli & Cheese	**330**	170	19	8	0	45	880	**31**	2	7	**9**
Chicken Poblano	**330**	150	17	7	0	45	950	**34**	2	5	**9**
Chicken Tortilla	**280**	110	13	2.5	1	30	890	**31**	2	7	**10**
Creamy Chicken & Wild Rice	**370**	190	22	9	0	65	920	**33**	2	8	**9**
Loaded Potato	**360**	180	21	9	0	45	880	**35**	2	6	**9**
Tomato Bisque	**250**	100	11	3	0	20	690	**32**	2	12	**4**
Mac ‘n Cheese	**270**	110	13	7	0	45	670	**25**	—	4	**11**
BOWL SERVINGS											7 ITEMS
Broccoli & Cheese	**530**	280	32	13	0	75	1420	**48**	3	11	**16**
Chicken Poblano	**520**	250	28	11	0	75	1540	**54**	3	7	**15**
Chicken Tortilla	**450**	190	21	4.5	0	50	1440	**50**	3	11	**17**
Creamy Chicken & Wild Rice	**590**	310	35	15	0.5	110	1490	**51**	3	12	**15**
Loaded Potato	**600**	310	35	15	0	85	1490	**55**	3	10	**17**
Tomato Bisque	**390**	160	18	5	0	30	1100	**50**	4	19	**7**
Mac ‘n Cheese	**450**	190	21	12	0.5	75	1120	**42**	1	6	**19**

Allergy information uses different serving descriptions

The allergen table lists several soups without toppings; the nutrition table includes toppings. These entries describe different configurations. Toppings contribute their own ingredients and allergens.

Kids meals

Nutrition values for individual kids-menu components as listed in the source guide.

MENU ITEM (see serving notes)	CAL kcal	FAT CAL kcal	TOTAL FAT g	SAT FAT g	TRANS g	CHOL mg	SODIUM mg	CARBS g	FIBER g	SUGARS g	PROTEIN g
KIDS MEALS AND CHILD-SIZE SERVINGS											19 ITEMS
Mac ‘n Cheese	**270**	110	13	7	0	45	670	**25**	–	4	**11**
Turkey Sandwich (No Bread)	**100**	30	3.5	2	–	35	390	**1**	–	–	**15**
Half Sandwich: On Wheat	**140**	15	1.5	–	–	–	230	**26**	2	3	**5**
Half Sandwich: On White	**140**	15	1.5	–	–	–	250	**26**	–	3	**4**
Half Sandwich: On Croissant	**110**	25	3	2	–	5	160	**18**	–	2	**3**
Barbie Q	**190**	130	15	3	–	35	350	**5**	–	3	**9**
Buffalo Barclay	**190**	150	17	3	–	35	420	**0**	–	–	**9**
Classic Carol	**210**	160	18	3.5	–	45	270	**0**	–	0	**11**
Cranberry Kelli	**220**	160	18	3	–	40	250	**5**	–	4	**10**
Dixie Chick	**180**	140	15	3	–	40	230	**1**	–	0	**10**
Fancy Nancy	**190**	140	16	3	–	35	210	**2**	–	2	**9**
Fruity Fran	**160**	110	13	2.5	–	30	200	**3**	–	3	**8**
Jalapeño Holly	**190**	140	16	3	–	40	310	**0**	–	0	**10**
Kickin Kay Lynne	**200**	150	17	3.5	–	40	370	**0**	–	0	**10**
Lauryn's Lemon Basil	**200**	160	18	3	–	40	260	**0**	–	0	**10**
Olivia's Old South	**180**	130	14	2.5	–	55	270	**2**	–	2	**9**
Southern Pimento Cheese	**220**	180	20	8	–	40	360	**2**	–	0	**9**
Sassy Scotty	**220**	170	19	4	–	45	370	**0**	–	0	**11**
Jalapeño Pimento Cheese	**210**	170	19	7	–	35	400	**2**	–	1	**9**

Sweet treats

Cookies, bars and cakes. Whole-cake entries refer to an entire cake, not a slice.

MENU ITEM (see serving notes)	CAL kcal	FAT CAL kcal	TOTAL FAT g	SAT FAT g	TRANS g	CHOL mg	SODIUM mg	CARBS g	FIBER g	SUGARS g	PROTEIN g
COOKIES, DESSERTS AND CAKE SLICES											**10 ITEMS**
Small Buttercream Cookie	**90**	30	3.5	2	–	15	60	**11**	–	11	**1**
Large Buttercream Flower Cookie	**170**	50	6	4	–	25	140	**28**	–	19	**2**
Lemon Cookie	**180**	50	6	4	–	25	140	**28**	–	19	**2**
Chocolate Crispy Treat	**390**	80	9	6	–	15	260	**76**	–	45	**3**
Pumpkin Spice Cake Slice	**1120**	470	53	28	–	185	750	**158**	2	133	**8**
Pumpkin Spice Cake Whole	**11200**	4700	531	284	–	1855	7500	**1580**	23	1333	**81**
Red Velvet Cake Slice	**1250**	510	66	31	1.5	225	690	**159**	–	133	**9**
Red Velvet Cake Whole	**12470**	5810	658	307	13	2250	6870	**1591**	8	1329	**94**
White Chocolate Cake Slice	**1250**	510	57	35	0.5	235	760	**175**	–	140	**10**
White Chocolate Cake Whole	**12460**	5070	573	354	7	2335	7600	**1752**	7	1397	**104**

Take care comparing cake servings

A whole cake naturally shows much higher total calories and nutrients than an individual slice. Do not treat the whole-cake figures as the values for one portion. The source reports those as separate menu entries.

Drinks | Part 1

Values are listed by beverage size. Unreported nutrients are not assumed to be zero.

BEVERAGE / SIZE	CALORIES kcal	SODIUM mg	CARBS g	TOTAL SUGARS g
Barq's Root Beer- 12 oz	160	70	45	44
Barq's Root Beer- 24 oz	320	140	90	89
Barq's Root Beer- 32 oz	430	180	120	118
Cherry Coke-12 oz	150	35	42	42
Cherry Coke- 24 oz	300	70	84	84
Cherry Coke- 32 oz	400	120	108	108
Coca Cola -12 oz	150	45	40	40
Coca Cola -24 oz	300	90	81	81
Coca Cola -32 oz	400	120	108	108
Coke Zero Sugar- 12 oz	0	40	–	–
Coke Zero Sugar- 24 oz	0	85	–	–
Coke Zero Sugar- 32 oz	0	110	–	–
Diet Coke- 12 oz	0	40	–	–
Diet Coke-24 oz	0	85	–	–
Diet Coke-32 oz	0	110	–	–
Dr. Pepper-12 oz	150	60	40	38
Dr. Pepper-24 oz	300	120	79	77
Dr. Pepper-32 oz	400	160	106	102
Diet Dr. Pepper-12 oz	0	60	–	–
Diet Dr. Pepper-24 oz	0	120	–	–
Diet Dr. Pepper-32 oz	0	160	–	–
Fanta Orange-12 oz	150	55	44	44
Fanta Orange-24 oz	320	110	89	89
Fanta Orange-32 oz	430	140	118	118
Honest Kid's Apple Juice- 6oz	35	15	9	8

Drinks | Part 2

Continued beverage reference: calories, sodium, carbohydrates and total sugars.

BEVERAGE / SIZE	CALORIES kcal	SODIUM mg	CARBS g	TOTAL SUGARS g
Lemonade-12 oz	160	30	41	39
Lemonade-24 oz	310	60	82	78
Lemonade-32 oz	420	75	109	103
Minute Maid Lite Lemonade-12 oz	10	40	2	—
Minute Maid Lite Lemonade-24 oz	20	85	5	—
Minute Maid Lite Lemonade-32 oz	25	110	6	—
Sprite-12 oz	140	65	38	38
Sprite-24 oz	280	130	77	77
Sprite-32 oz	370	180	102	102
Strawberry Lemonade-12 oz	170	25	44	42
Strawberry Lemonade-24 oz	340	55	88	83
Strawberry Lemonade-32 oz	460	75	117	111
Sweet Peach Tea-12 oz	140	190	23	36
Sweet Peach Tea-24 oz	280	25	71	71
Sweet Peach Tea-32 oz	370	30	95	95
Sweet Tea-12 oz	140	10	37	36
Sweet Tea-24 oz	280	25	74	71
Sweet Tea-32 oz	380	30	98	95
Unsweetened Tea-12 oz	0	10	1	—
Unsweetened Tea-24 oz	5	20	2	—
Unsweetened Tea-32 oz	10	30	3	—
Vitamin Water XXX-12 oz	60	—	16	16
Vitamin Water XXX-24 oz	120	—	31	31
Vitamin Water XXX-32 oz	160	—	42	42

Allergens | Salads & sandwiches

Quick visual lookup of marked allergens from the supplied restaurant guide.

X Marked in the restaurant source

Blank cell = not marked; NOT proof that an item is allergen-free.

MENU ITEM	EGG	FISH	GLUTEN	MILK	PEANUTS	SESAME	SHELL-FISH	SOY	TREE NUTS	WHEAT
CHICKEN SALAD FLAVORS & PIMENTO										
Barbie Q	X									
Buffalo Barclay	X							X		
Classic Carol	X									
Cranberry Kelli	X								X	
Dixie Chick	X									
Fancy Nancy	X								X	
Fruity Fran	X									
Jalapeño Holly	X									
Jalapeño Pimento Cheese	X		X	X				X		X
Jill Pickle (LTO)	X									
Kickin' Kay Lynne	X			X				X		
Lauryn's Lemon Basil	X								X	
Maui Mama	X									
Nashville Hottie	X									
Olivia's Old South	X									
Sassy Scotty	X			X						
Southern Pimento Cheese	X		X	X				X		X
SANDWICHES AND BREAD										
Chick Melt with Provolone (On Croissant)	X		X	X						X
Chick Melt with Cheddar (On Croissant)	X		X	X						X
Turkey Club (No Bread)	X			X						
Sandwich: On Croissant	X		X	X						X
Sandwich: On Wheatberry Bread			X							X
Sandwich: On White Bread			X							X

X marks reproduce source entries. Shared preparation areas allow cross-contact even when a category is unmarked.

Allergens | Sides & soups

Allergens as marked by the source; soups may have separate topping information.

X Marked in the restaurant source

Blank cell = not marked; NOT proof that an item is allergen-free.

MENU ITEM	EGG	FISH	GLUTEN	MILK	PEANUTS	SESAME	SHELL-FISH	SOY	TREE NUTS	WHEAT
SIDES & SNACKS										
Broccoli Salad	X			X						
Crackers			X					X		X
Grape Salad				X					X	
Mac & Cheese	X		X	X						X
Pasta Salad			X	X						X
BBQ Potato Chips			X	X						
Doritos			X	X						
Jalapeño Potato Chips			X	X						
Lays Baked Potato Chips								X		
Sea Salt and Vinegar Potato Chips			X	X						
SOUPS & TOPPINGS										
Broccoli & Cheese No Toppings			X	X						X
Chicken Poblano No Toppings			X	X						X
Chicken Tortilla No Toppings				X						
Creamy Chicken & Wild Rice			X	X				X		X
Loaded Potato No Toppings			X	X						X
Tomato Bisque No Toppings				X						
Add: Cheddar Cheese				X						
Add: Sour Cream				X						
Add: Sour Cream			X							

Next page: dessert allergens, source clarifications and important safety notes.

Allergens | Desserts & safety notes

Marked categories describe the source chart. Unmarked cells do not certify allergen-free preparation.

X Marked in the restaurant source

Blank cell = not marked; NOT proof that an item is allergen-free.

MENU ITEM	EGG	FISH	GLUTEN	MILK	PEANUTS	SESAME	SHELL-FISH	SOY	TREE NUTS	WHEAT
DESSERTS										
Chocolate Crispy Bar				X				X		
Flower Cookie	X		X	X						X
Lemon Cookie	X		X	X						X
Pumpkin Spice Cake	X		X	X				X		X
Red Velvet Cake	X		X	X				X		X
Round Cookie	X		X	X						X
White Chocolate Cake	X		X	X				X		X

IMPORTANT FOR FOOD ALLERGIES

Shared preparation/storage areas mean cross-contact may occur even when an allergen is not marked.

SOUR CREAM | CONFLICT IN SOURCE

The source repeats Add: Sour Cream with different marks: Milk in one row, Gluten in another. Both entries remain; the conflict is unresolved.

SOYBEAN OIL | SOURCE STATEMENT

The source discusses highly refined soybean oil in Duke's mayonnaise and an allergen-labeling exemption. That statement does not certify a soy-free recipe.

SULFITES & MENU UPDATES

The restaurant states sulfites are not added, though naturally occurring sulfites may be present. Ingredients and seasonal menu items can change.

YOUR SAFETY COMES FIRST

These tables summarize the restaurant's nutrition and allergen information. Shared preparation areas can introduce allergens beyond the chart marks.

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